

**Statistics Report 09414, Pears, raw, bosc**
**Report Date: June 30, 2017 20:28 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a> <a href="#">2</a>	g	83.18	8	0.280	81.63	83.96	5.0	82.457	83.897	2	Analytical or derived from analytical	--	08/2012
Energy	kcal	67	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Energy	kJ	279	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Protein <a href="#">1</a> <a href="#">2</a>	g	0.36	8	0.025	0.22	0.41	1.0	0.152	0.562	2	Analytical or derived from analytical	--	08/2012
Total lipid (fat) <a href="#">1</a> <a href="#">2</a>	g	0.09	6	0.023	0.01	0.2	4.0	0.026	0.152	2	Analytical or derived from analytical	--	08/2012
Ash <a href="#">1</a> <a href="#">2</a>	g	0.28	6	0.044	0.1	0.4	4.0	0.149	0.407	2	Analytical or derived from analytical	--	08/2012
Carbohydrate, by difference	g	16.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Fiber, total dietary <a href="#">1</a> <a href="#">2</a>	g	3.1	6	0.140	2.6	3.5	3.0	2.61	3.494	2	Analytical or derived from analytical	--	08/2012
Sugars, total <a href="#">1</a> <a href="#">2</a>	g	10.23	6	0.548	9.18	11.79	3.0	8.484	11.981	2	Analytical or derived from analytical	--	08/2012

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Sucrose <a href="#">1</a> <a href="#">2</a>	g	2.11	6	0.297	1.22	3.68	3.0	1.22	2.994	2	Analytical or derived from analytical	--	08/2012
Glucose (dextrose) <a href="#">1</a> <a href="#">2</a>	g	2.48	6	0.323	1.94	4.33	1.0	-1.296	6.264	2	Analytical or derived from analytical	--	08/2012
Fructose <a href="#">1</a> <a href="#">2</a>	g	5.64	6	0.195	5.13	6.24	3.0	4.977	6.306	2	Analytical or derived from analytical	--	08/2012
Lactose <a href="#">1</a> <a href="#">2</a>	g	0.00	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Maltose <a href="#">1</a> <a href="#">2</a>	g	0.00	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Galactose <a href="#">1</a> <a href="#">2</a>	g	0.00	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a>	mg	10	4	0.312	9	11	2.0	8.474	11.206	2	Analytical or derived from analytical	--	08/2012
Iron, Fe <a href="#">1</a> <a href="#">2</a>	mg	0.15	3	0.002	0.13	0.17	1.0	0.121	0.171	2	Analytical or derived from analytical	--	08/2012
Magnesium, Mg <a href="#">1</a> <a href="#">2</a>	mg	7	4	0.163	7	8	2.0	6.597	8.043	2	Analytical or derived from analytical	--	08/2012
Phosphorus, P <a href="#">1</a> <a href="#">2</a>	mg	14	4	0.175	14	15	1.0	12.101	16.549	2	Analytical or derived from analytical	--	08/2012

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Potassium, K <a href="#">1</a> <a href="#">2</a>	mg	122	4	6.469	94	138	1.0	44.61	199.04	2	Analytical or derived from analytical	--	08/2012
Sodium, Na	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Zinc, Zn <a href="#">1</a> <a href="#">2</a>	mg	0.13	4	0.011	0.12	0.16	1.0	-0.011	0.269	2	Analytical or derived from analytical	--	08/2012
Copper, Cu <a href="#">1</a> <a href="#">2</a>	mg	0.104	4	0.008	0.07	0.14	2.0	0.056	0.153	2	Analytical or derived from analytical	--	08/2012
Manganese, Mn <a href="#">1</a> <a href="#">2</a>	mg	0.047	4	0.002	0.04	0.05	1.0	0.026	0.067	2	Analytical or derived from analytical	--	08/2012
Selenium, Se <a href="#">2</a>	µg	0.0	2	--	0	0.1	1.0	--	--	1	Analytical or derived from analytical	--	08/2012
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">2</a>	mg	2.8	4	0.954	1.5	5.2	1.0	-6.51	12.175	2	Analytical or derived from analytical	--	08/2012
Thiamin <a href="#">1</a> <a href="#">2</a>	mg	0.012	4	0.001	0.01	0.02	2.0	0.006	0.018	2	Analytical or derived from analytical	--	08/2012
Riboflavin <a href="#">1</a> <a href="#">2</a>	mg	0.023	4	0.001	0.01	0.03	1.0	0.01	0.035	2	Analytical or derived from analytical	--	08/2012
Niacin <a href="#">1</a> <a href="#">2</a>	mg	0.152	4	0.015	0.11	0.17	1.0	-0.039	0.343	2	Analytical or derived from analytical	--	08/2012

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Pantothenic acid <a href="#">1</a> <a href="#">2</a>	mg	0.057	3	0.010	0.04	0.08	1.0	-0.07	0.184	2	Analytical or derived from analytical	--	08/2012
Vitamin B-6 <a href="#">1</a> <a href="#">2</a>	mg	0.021	4	0.001	0.02	0.03	1.0	0.005	0.037	2	Analytical or derived from analytical	--	08/2012
Folate, total <a href="#">1</a> <a href="#">2</a>	µg	7	4	0.707	4	8	1.0	-1.94	16.025	2	Analytical or derived from analytical	--	08/2012
Folate, food	µg	7	4	0.707	4	8	1.0	-1.94	16.025	2	Analytical or derived from analytical	--	08/2012
Choline, total	mg	5.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin A, RAE <a href="#">1</a> <a href="#">2</a>	µg	1	2	--	1	1	--	--	--	2	Analytical or derived from analytical	--	08/2012
Carotene, beta <a href="#">1</a> <a href="#">2</a>	µg	11	2	--	11	11	--	--	--	2	Analytical or derived from analytical	--	08/2012
Carotene, alpha <a href="#">1</a> <a href="#">2</a>	µg	0	2	--	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Cryptoxanthin, beta <a href="#">1</a> <a href="#">2</a>	µg	0	2	--	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Vitamin A, IU <a href="#">1</a> <a href="#">2</a>	IU	19	2	--	19	19	--	--	--	2	Analytical or derived from analytical	--	08/2012

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Lycopene <a href="#">1</a> <a href="#">2</a>	µg	0	2	--	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Lutein + zeaxanthin <a href="#">1</a> <a href="#">2</a>	µg	11	2	--	11	11	--	--	--	2	Analytical or derived from analytical	--	08/2012
Vitamin E (alpha-tocopherol)	mg	0.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin K (phylloquinone) <a href="#">1</a> <a href="#">2</a>	µg	5.2	4	0.737	3.6	7.8	1.0	-2.624	12.925	2	Analytical or derived from analytical	--	08/2012
<b>Lipids</b>													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
<b>Amino Acids</b>													
Tryptophan <a href="#">2</a>	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Threonine <a href="#">2</a>	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Isoleucine <a href="#">2</a>	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Leucine <a href="#">2</a>	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Lysine <a href="#">2</a>	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

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Methionine <a href="#">2</a>	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Cystine <a href="#">2</a>	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Phenylalanine <a href="#">2</a>	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Tyrosine <a href="#">2</a>	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Valine <a href="#">2</a>	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Arginine <a href="#">2</a>	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Histidine <a href="#">2</a>	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Alanine <a href="#">2</a>	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Aspartic acid <a href="#">2</a>	g	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Glutamic acid <a href="#">2</a>	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

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Glycine <a href="#">2</a>	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Proline <a href="#">2</a>	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Serine <a href="#">2</a>	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5a, 2001 Beltsville MD